

- A. size of class.
- b. compensation for overtime work.
6. Gym & Playground costumes.
7. Athletics
 - a. intramural.
 - b. length of pract. periods & interschool teams
 - c. " " schedules
 - d. schedule making.
 - e. eligibility.
 - f. interscholastic ath. & girls.
8. Common use of P.E. facilities.
 - a. gym.
 - b. pool
 - c. play fields.

4. Director is consultant & division heads.
5. " must carry out general school policies - serve for sept.
6. D. has charge of selecting staff members own judg. & exper. traits acc. accord-
 to Shannon - sympathy, self control, enthusiasm & stimulative power & interest - fair ° of motor skill - use of spoken Eng - written data placed on file.
7. Salary Schedules - diff. ones - some increase annually or bi - others acc. 2 training, exp. specialization, prof. progress, etc - should be flexible.
8. Attendance at departmental meeting
 everybody should participate.
9. D. is respon. for the profes. growth
 of staff - summer schools, reading

Responsibility of Teacher of P.E.

1. Load - pupil 2 teacher - 25'

no. of class taught daily - 5

" " stud. hrs. per teach - 150

" " " per class - 25'

2. Then teachers for 2nd any school. Girls -
concerned - need women for girls on account
of sex. - showers & d. room division, etc.
during menstrual period.

3 Preparation of spec. teachers.

Success judged by:-

1. Attention to indiv. needs.

2. Discipline.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

Preparation of Classroom Teachers -

4-6 semester hrs. of study in N.Y.P.E.
for all those attending normal schools.

Causes of discomfort in a closed Room.

Unless the air about us is just right we are uncomfortable. Comfort and health are dependent upon the capacity of the atmospheric environment to cool the body, rather than upon its capacity to dispose of the gaseous products given off by skin and lungs. Physical discomfort in a crowded room is due to the increase in humidity and heat, and to stagnation of air. Very few bacteria are

carried by the air unless it is laden with dust. Finely powdered chalk and similar dusts, however, may have an irritating action on the mucous membranes, and thereby render the individual more susceptible to colds and other infectious diseases.

Physical effects of external atmospheric conditions. The mucous lining of the nose and the upper part of the throat respond most actively to the air inhaled. When the body is hot is hot and the air is also hot, the moist mucous membranes become congested with the blood trying ineffectually to cool itself; when the air is too cold and dry, the mucous membranes give off a watery fluid; but when the air is comfortably cool, moist, and fresh, the membranes are

contracted and cool, and the air goes back and forth through the passages, ^{without} obstruction.

Relation of ventilation to disease. Poor ventilation in our modern homes may be the cause of a great deal of disease, or rather, of lack of vigor. It is necessary in a city to have fresh air to bathe the mucous membranes of the nose and throat which have been subjected to so much irritation during the day.

Ideal Conditions

Air most conducive to comfort and health has a temperature of about 60° - 70° F., a relative humidity of about 40%-60%, is kept moving home in slow currents, and is free from dust and impurities. The air of a room may be kept in motion by an electric fan.

Artificial Ventilation.

The good, old-fashioned method of letting air come directly from the outside through the windows proves more effective for an artificial means of ventilation. Windows should be kept partly open all the time, and at least once an hr. they should be fully opened and the entire room flooded with fresh air. The air can so quickly become stagnant, overheated, or too moist, without a person's knowing it until after it has had a bad effect upon the body, that no precautions should be omitted.

Foundations of Health -

Rathbone - Bacon - Keene.

Dec. 4/20

The Care of the Skin. h. Creighton.

In the dermis of the skin there are multitudes of small branching blood vessels called capillaries, through which the outgoing blood from the arteries must pass to get to the veins, which carry it back to the heart. It is in these small branches, where the vessel walls are very thin, that the food and oxygen which is carried by the blood filters through to feed our cells. In order to feed our skin well, we need to take some form of exercise that will bring a rich supply of blood to the surface of the body. Running, massaging, shower baths, and brisk vigorous rub-downs all help to exercise the skin and give it a healthy glow. The blood cannot properly nourish the skin cells unless it is supplied with food materials that are essential to the health of the skin.

There is in the protoplasm of every living cell a very small amount of a substance that is known to be necessary to aid the cell in absorbing its food from the liquid that surrounds it. In the animal body this substance is known as ergosterol. Ergosterol when slightly changed by certain rays of sunlight becomes vitamin D, without which we cannot build either bones or teeth. It is well, for all people in temperate climates to take fish-liver oil in some form to supply this

much needed vitamin during the winter months. This is especially applicable to young people, who are building bones and teeth. This subject will be.

Health and Achievement.
- Cockefau and Cockefau

Child & before.

Pre-Natal -

Twice fatal apnoea albuminuria & convulsions & hemorrhage (500) natural deaths

1. 1/2 of living infants - less 1/2 2
2. Delivered infants 30% under 7 mos - 20% under 7 mos
3. 2 1/2 % times general rate mortality of mother & twins
4. Abortion causative or associated factor of
5. 1/2 of unmarried mother - 1/3 of those married
6. Equate pre-natal care
7. 1/2 of delivered cases died in hospitals 1/2 died elsewhere
8. 1/2 - trouble during pregnancy - toxemia, malposition, abnormal pelvis
9. 30% illness previous to pregnancy
10. 1/2 - operative interference

During pregnancy nutrient depends on class of mother & her health & phy condition.

Emp Factors -

1. freedom from worry
2. cheerful surroundings
3. Exercise
4. Fresh air & fresh air
5. nourishing food.

Care for Mother -

1. Hygiene & ventilation
2. Air clear & " - rubbish removed
3. Bedrooms widely opened
4. maternal intercourse avoided after 6th of phy

Food -

1. fruit, cereal, milk, veg. small quantities of meat & fish, & egg
2. Butter, olive oil & plant butter
3. Avoid eating starchy meals as tea, coffee, spices, pickles, alcohol, etc.

Drinks -

3-4 pt. of water daily - in morning, bedtime & 1/2 1/4 meals

Exerc. Skin & Nails -

Exerc. of 3 ft. must be regular

1. normal bowel movement daily. Constipation by
bowel, then pressure & grip

2. sufficient fluid.

3. Abdom. ex. & massage

5. Bath -

hot by cold with cold water

" 1 or 2 times per week

6. Teeth -

Decay frequent. Dentist regularly. $\frac{1}{2}$ a
raw apple after meals cleans & protects.

7. Care of Hair -

Brushed combed nightly & morning

Washed fortnightly

8. Care of Breast - ^{For the}

nurse baby - Care during pregnancy

9. Clothing -

Loose, clean & comfortable. 3/4 coats,
suspenders instead of garters. Low heels.

10. Early Morning Exercises

Massage - etc. Done by above rules.

11. Work -

modern housework into a job. Avoid sitting.

12. Exercise

Daily walk followed by rest (in air)

Special ex. for mass of body regularly.

Range Signals -

Resistant constipation Swelling of
hands & feet. Slight blueness. Constant
headaches. Abdom. pain or loss of sleep

Abortion - 64 4th mo
miscarriage - 64 6th & 6th mo
Premature labor - 64 full term.

II Hemorrhage - 2 causes.

1. placenta previa
 2. premature separation of normally situated placenta - later part of preg. or at early labor.
- Remember when follows ab. or miscarriage

III Toxemia

Series of vomiting & convulsions. Due to instability of mother to get rid of waste produced by foetus in maternal blood.

IV Care of Child after Birth.

A Feeding - Nursing Effort by mother Regular.
5 times a day After 1 mo then feeds added.
After nine - egg, fruit, grains.

B Sleeping

Bed - one from sup. head. Soft mattress
no pillows pad, etc over mattress.

C Bathing

Bathy Care - 1st only sponge at end of day
Water 100°F. water tested Soap head & same.
Lub neck, in creases.

D Clothing

Swaps - easily washed - for reuse.

E Protection from Disease

Vaccinated by smallpox after 3 mo. after
2 mo. diph. test.

F Home conditions.

Birth exp. Nursing last way of feeding
Regular good med. care Regular habits & care
of baby. Clean & dry always. Change of clothes
few. Adequate sleep, ventilation & fresh air.